

## Questions to Reflect Upon Resilience

1. What is your purpose or mission in life?
2. Who are you connected to? What do you do to help foster these relationships?
3. Who in your life has overcome adversity? What specifically did you see them do to overcome it?
4. Ask yourself:
  - What am I doing daily to support my physical health?
  - What is one thing I can do to support my physical health?
  - What am I doing daily to support my emotional health?
  - What is one thing I can do to support my emotional health?
  - Who is a safe person whom I trust that I can fully share my life's ups and downs?

What problem in my life is my biggest stressor? I will brainstorm possible solutions and then identify one solution I will try to implement. For my solution, I will write down at least three steps I will proactively take to address this problem. Then, I will act.

How do I practice gratitude daily?

How do I talk to myself? Do I most often use positive or negative statements?

What positive statements in my self-talk will I commit to?

"The wind does not break a tree that bends" - Sukuma proverb (Africa). In what ways do I exhibit flexibility in my life? What small steps can I take to be more flexible?

**Note:** This reflection guide was created by the National Network of Libraries of Medicine, December 2020.

